

Tai Chi for Arthritis and Fall Prevention



Free Zoom Classes for Adults Age 60 and Older

Simple to learn Tai Chi Form for Marin's Older Adults of all Abilities –conveniently taught in-person via **Zoom** - requires internet computer or tablet with webcam.

Enrollment is Limited – Register NOW

<http://www.sausalito.gov/virtualrec> or Call (415) 289-4152 (registration questions)

Meeting 2x per week for 8 Weeks:

Monday/Wednesday

March 15 - May 5

12:15 pm - 1:15 pm

Tuesday/Thursday

April 6th - May 27th

2:00 pm - 3:00 pm

REGISTRATION OPEN

For SPRING CLASSES

To Register Click HERE

All Classes are Led by Tai Chi for Health Institute Board Certified Community Instructors from Age Friendly Sausalito and Dominican University of California.

For Program Questions Contact: agefriendlysausalito@gmail.com or Call (415) 331-1393

Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin Department of Health and Human Services, Aging and Adult Services* and by Marin County Parks

**(voluntary contributions are welcome, but there is no obligation to contribute and service will not be denied based on ability to make any contribution).*